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FORECAST

Fewer storms expected

Rebecca Joseph
For Metro | Halifax

Halgionians are predicted to see fewer hurricanes than normal this year.

And if it comes to fruition, they have El Nino to thank.

"Whenever we get an El Nino, we tend to have fewer hurricanes," Meteorologist Bob Robichaud of Environment Canada said at a press conference Wednesday afternoon in Dartmouth.

The average number of storms for our region is 12, but this year Nova Scotia is only expected to see three to six hurricanes, and only two of them are expected to be major, according to a new forecast from the National Oceanographic and Atmospheric Association (NOAA) released Wednesday.

Robichaud also said the numbers could go even lower because water temperatures are below average in the Atlantic Ocean.

+ MORE COVERAGE, SEE PAGE 8



Mike Preeper practises some tricks Wednesday. A new skate park in Dartmouth is moving forward. Story in metroNEWS. JEFF HARPER/METRO

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‘I feel like my whole belief system has been shaken’

CAUTIONARY TALE

Mom loses van after ex-owner skips town on \$10,000 loan



Stephanie Taylor
Metro | Halifax

Cristal Vanesch was busy cooking dinner and hosting company when a police officer arrived at her door.

Confused, the 32-year-old Dartmouth mother of three questioned the officer, only to learn that her family's newly purchased van was being repossessed.

A wave of panic and confusion settled in, as unbeknownst to her, the vehicle's original owner had taken out a \$10,000 personal loan using the van as collateral and then fled the country, taking the cash and selling the van.

Sitting in her living room the next afternoon on Wednesday, Vanesch's recounted the past year and a half: from learning she was pregnant and deciding to upgrade from a car to a van to make room for her growing family, to spending months saving several thousands before buying a \$600



Cristal Vanesch poses for a photo in an empty parking space on Wednesday. Vanesch says she's had trouble sleeping since authorities repossessed her van, which had been bought off Kijiji and carried a \$10,000 lien. JOSH BROWN/FOR METRO

used van off Kijiji and investing nearly \$4,000 worth of repairs.

Now, with no family vehicle and thousands gone, she feels lost.

"I haven't slept. My kids are kind of scared because they see mom upset," she said, choking back tears.

"They were really proud of it. My son is only six and his comment was, 'Does that mean I can't go to school?'"

Vanesch said she heeded the warning of "buyer beware" and double-checked with the registry of motor vehicles and her insurance company for best

practices when purchasing a vehicle, but she was never advised to check for a lien.

Even more shocking to learn was that the van's original owner was not the man from whom she had bought the vehicle, and that the vehicle had been owned by as many

as four different people before her. All the while, it had a \$10,000 lien, she said.

A collection agency had been trying to track it down for around two years, Vanesch added.

"As horrible as it sounds, I've lost a lot of faith in people. I

66

I have three kids. I can't just buy a thousand-dollar car, a beater. I need safety. I need something that I can feel comfortable taking them to.

Cristal Vanesch
of Dartmouth

feel like my whole belief system has been shaken. I've always lived off that, 'You do good to get good' and I'm terrified."

On Wednesday, a spokesperson from the province's Department of Infrastructure and Transportation Renewal said lien searches can be done through Access Nova Scotia's website and are a buyer's responsibility.

Meanwhile, it's back to square one for Vanesch and her family, who can't afford to pay the \$10,000 owed.

"Yes, it's just a van. But it's our means. It's our means to get to doctors appointments and to school and everything else like that. Our entire foundation's been shaken."

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CASINO TAXI

Note to readers: Clarification

A photo of two Casino taxis was used to illustrate a story published on May 26 about an alleged sexual assault involving a taxi passenger by a taxi driver in Halifax.

Casino Taxi and its drivers are not related in any way to

the complaint and the photo was used for illustrative purposes only.

Metro regrets any confusion the choice of image may have created with readers and passengers of Casino Taxi.

METRO

CRIME

Man threatened with knife, chased by suspect in truck



Philip Croucher
Metro | Halifax

This is one dispute that got way out of hand.

Halifax Regional Police say a man was threatened and chased by a person with a knife, and then allegedly had to run for his life as the suspect entered his truck and tried to hit him with his vehicle.

According to police, a 31-year-old man and the suspect starting getting into a verbal sparring match in the lobby of an apartment in the 6100 block of Almon Street around 7:15 p.m. on Tuesday. During the heated exchange of words, police say the suspect pulled a knife on the victim and chased after him out into the parking lot.

When he wasn't able to catch



For some reason, this escalated

Const. Pierre Bourdages

+ NO INJURIES

The victim wasn't injured and police say the two men weren't known to each other.

the victim, police say the suspect went into his truck and drove at the victim, trying to hit him.

Luckily for the victim he missed, and the truck ended up hitting the side of the building.

The damaged truck then fled the area and later in the night police found it and arrested a 27-year-old man on Waterfront Drive in Bedford.

Police spokesman Const. Pierre Bourdages said he didn't know what led to the incident, but said the two men were not known to one another.

"For some reason, this escalated," he said.

The suspect is charged with two counts of assault with a weapon, dangerous operation of a motor vehicle and possession of a weapon.

Tattoo brings back 'world-class' event

IN FLANDERS FIELDS

Event will celebrate poem's 100th anniversary



Haley Ryan
Metro | Halifax

One hundred years after In Flanders Fields was written, the haunting poem will be sung to a new melody to thousands of people in Halifax.

The Royal Nova Scotia International Tattoo held a launch Wednesday to introduce their lineup for the 36th annual show running June 30 to July 7, which includes gymnasts, pipe and drum bands, highland dancers, acrobatic bicyclists, and will celebrate the 100th anniversary of John McCrae's poem.

"She's written an absolutely gorgeous, very simple melody to go with the words," Jim Forde, assistant producer of the Tattoo, said about local musician Kim Campbell's piece. "It's the world premiere for that."

During the launch at the Cambridge Military Library in Halifax, Forde highlighted acts including



Petty Officer Jake Sheppard of the Royal Canadian Sea Cadets corps 339 Iroquois, plays a note after a press conference to launch this year's Tattoo. JEFF HARPER/METRO

Estonia's Club Piruett and Elite Group of gymnasts and dancers, the Paris Police gymnastics and motorcycle teams, and returning favourites the German Bicycle Team and world champs the Gym Wheel Team Taunusstein.

The "tremendously popular" Norwegian King's Guard Band and Drill Team is also back with their rifle-spinning routine, Forde said, plus the Royal Army of Oman Pipes and Drums all the way from the Arabian Peninsula.

"It's just going to be a world-class show — again," Forde said with a laugh.

Mayor Mike Savage said just by walking around Grand Parade

last year, he ran into visitors from North Carolina, Washington and Boston in town for the Tattoo who insisted they would come for the show even in the dead of winter. In a time when the city has been drawing big-ticket events like the

+ PERFORMERS

Some performers to check out at this year's Royal Nova Scotia International Tattoo:

The Paris Police gymnastics and motorcycle teams
Gym Wheel Team Taunusstein, Germany
The King's Band and Drill Team, Norway
The Royal Army of Oman Pipes and Drums
Sweden's Home Guard Band of Eslöv
Elite Group gymnasts, Estonia

Web.com golf tour and Canadian Country Music Awards, Savage said we should never forget the huge impact of the Tattoo.

"This is a community that gets the military connection," Savage said. "The Tattoo's so much more than that, but at its root it honours and celebrates ... the people who served this country."

The Tattoo has also been picked up by 45 PBS stations across the United States to air this fall, which is a huge jump up from seven last year, Forde said.



All the acts that are coming this year are going to be tremendously popular.

Jim Forde, assistant producer of the Tattoo.



Members of the German Bicycle Team perform during a media preview of the Royal Nova Scotia International Tattoo at the Scotiabank Centre in 2013. JEFF HARPER/METRO

IN BRIEF

Technology company expands to Nova Scotia

A Vancouver-based technology company will be eligible for almost \$1.3 million payroll rebates in Nova Scotia if it creates 100 jobs in the province over a five-year period.

Nova Scotia Business Inc. says FCV Technologies Ltd. chose to locate in the province over other areas.

The company has been in business since 2005 and its clients have included Nike, WestJet, Best Buy and Mountain Equipment Co-op.

The deal with Nova Scotia Business requires FCV to create the equivalent of

five full-time jobs in its first year. THE CANADIAN PRESS

Premier heading to Europe on seven-day trip

Premier Stephen McNeil leaves Friday on a seven-day visit to Europe to promote Nova Scotia as a tourism and business destination.

The trip includes stops in Glasgow, London and Germany.

The government says McNeil's schedule includes nearly 30 meetings, roundtables and speaking events with businesses, organizations, academics and officials from other governments. THE CANADIAN PRESS

Skate park plan draws mixed views

DARTMOUTH COMMONS

Construction will start in next couple of weeks

The unveiling of the new Dartmouth skate park plan was met with criticism from some and excitement from others at a public meeting hosted by Halifax

Regional Municipality on Wednesday night. The Dartmouth Skate Park Coalition has been raising money to build a place for skaters to go in their community since 2011. The park plan includes two bowls that will be dug into the ground at the old Park School site at the Dartmouth Commons, one for beginners and the other for professionals. It also includes a transitional section to connect the two bowls.

An additional plan for a "street

style" park was considered, but ultimately left out because of debris on site. Coalition member Andy Sawler said that would cost \$90,000 to clean up, which means less money for building the park.

"We would rather have one world-class section, than many mediocre parts," Sawler said at the Dartmouth Sportsplex gathering. But some skaters believe the park's not living up to its "world-class" name.

Josh Gaudon, 19, said he would rather see something new than the bowls like they have at the Halifax Commons.

"There are a lot of ways it could be a lot better," he said, "but they're doing the best with what they've got."

Some Dartmouth residents questioned the effect the park would have on the landscape.

Officials hope to break ground in the next couple of weeks.

REBECCA JOSEPH/FOR METRO



Mike Preeper of Dartmouth practices some tricks at the Halifax Common Skate Park on Wednesday. JEFF HARPER/METRO

POLITICS

Premier says party to pay for mailouts

Nova Scotia's premier says his party will pay for flyers mailed into ridings where byelections are expected, after the Liberals were criticized for trying to bill taxpayers for a partisan mailout.

Stephen McNeil said Wednesday his party wasn't clear on the rules when the caucus sent 33,000 postcard-style flyers into the vacant ridings of Cape Breton Centre, Sydney-Whitney Pier and Dartmouth South during the third week of May.

He said he's received clarification from Elections Nova Scotia and the party will pay the \$7,000 cost.

"There will be no public money used to pay for those mailouts," McNeil said.

On Tuesday, Elections Nova Scotia said it was investigating a complaint by Tim Houston, a Progressive Conservative member of the legislature, alleging the Liberals broke a rule banning the use of government money for partisan materials during an election campaign.

The letter from Houston also said the legislation defines a byelection campaign as beginning when the seat becomes vacant.

All of the ridings that received the mailouts are vacant,

“

The premier is a very experienced politician with a full caucus staff and they definitely should have known what the rules are.

Tim Houston

but the date of the byelections hasn't been announced yet.

McNeil said the Liberals thought the mailout was permitted in the time before a byelection is called.

He said there was uncertainty about the rules because other parties had sent out flyers to vacant ridings before general elections.

Houston said the premier and his staff were caught breaking rules they should have been aware of and they are making excuses.

Elections Nova Scotia has said it is investigating the complaint by Houston and will make a ruling on whether the Liberal action was a violation of the election rules.

THE CANADIAN PRESS

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Bomb threat at grade school

SECURITY

Police say nothing suspicious was found



Stephanie Taylor
Metro | Halifax

An elementary school in Halifax was evacuated Wednesday after a bomb threat was received.

Halifax Regional Police say the report of a threat at John W. MacLeod school on Purcells Cove Road came in at 10:46 a.m.

That prompted officials to direct students and staff to nearby Fleming Tower School. A heavy police presence descended on John W. MacLeod, including a K9 unit and a bomb squad, closing the area to traffic between Colindale Street and Williams Lake Road.

"I don't have details and I won't release any details at



Halifax police on scene investigating a bomb threat at John W. MacLeod elementary school on Purcells Cove Road on Wednesday. JEFF HARPER/METRO

this time at how the threat was made. But it was a bomb threat," police spokesman Const. Pierre Bourdages said around 11:30 a.m. He called the incident "troubling," saying threats made to elemen-

tary schools are rare.

Nearby residents were advised by police to stay away from their windows and were invited to leave their homes while the investigation unfolded, Bourdages said, add-

ing that he believed no neighbours did leave.

A search of the school concluded around 12:30 p.m., with police stating that nothing suspicious was found inside and that the area would

be reopened to traffic.

The Halifax Regional School Board released on social media that school would remain out for the rest of the day at John W. MacLeod and that parents would be contacted, advising that those waiting to pick up their children should go to Fleming Tower.

"A threat against any one of our schools is troubling regardless of what age or level that it's directed at," said school board spokesman Doug Hadley.

"Any disruption to the school day is a very serious matter and I would hope that the police are able to gather evidence that might lead them to whoever made the threat."

IN BRIEF

Police patrol Prospect Road area after stunting, drugs reported

After reports of stunting in a Goodwood street, Halifax police say they'll be in the area to prevent illegal activity for "as long as it takes."

Over the past few weeks, Halifax Regional Police said the dead-end portion of Evergreen Place off Prospect Road has seen a large number of motorists and motorcyclists gathering to participate in or watch stunts.

There have been reports of dangerous driving, drug use, alcohol consumption and littering, police spokesman Const. Pierre Bourdages said Wednesday.

"It starts small, then becomes completely out of control," Bourdages said.

Starting Wednesday, Bourdages said an officer will be in the area to prevent illegal and "extremely dangerous" road stunts. He said police will show up every night for "as long as it takes."

"If people behave, then there will be no need for police presence," he said.

HALEY RYAN/METRO

315

The estimated number of students who attend John W. MacLeod elementary school.

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From left, Darren Smalley, Craig Stoner, Joshua Finbow and Simon Radford, leave provincial court in Dartmouth on April 20. ANDREW VAUGHAN/THE CANADIAN PRESS

Sex assault case on hold

DARTMOUTH

Lawyers for 4 British sailors need time to review files

The case of four British sailors charged with sexual assault causing bodily harm was adjourned Wednesday to give defence attorneys time to review the evidence against their clients.

Simon Radford, Joshua Finbow, Craig Stoner and Darren Smalley have all secured legal representation since their first appearances in court.

Three of the lawyers appeared in Dartmouth provincial court Wednesday. All of them said they needed more time to review files disclosed by the Crown.

The men were in Nova Scotia to take part in a hockey tournament when the Crown alleges they participated in a "group

sexual assault" on April 10 in a barracks at CFB Shearwater in Halifax.

None of the accused appeared in court Wednesday.

Outside the court, defence lawyer Stan MacDonald said he doubted whether any of the accused would show up for the next court date, given the fact they are being held at a military base in Alberta.

"We have been provided with some disclosure but don't believe it's complete yet so we need additional time to review and make decisions going forward," MacDonald said.

THE CANADIAN PRESS

+ WHAT'S NEXT

The case is scheduled to return to court on June 30 when the accused will enter pleas and elect which court to be tried in.

IN BRIEF

RCMP find remains believed to be woman missing since 2013

RCMP say they have found human remains that are believed to be those of a Cape Breton woman missing since May 2013.

Police say the remains found buried in woods near North Framboise are believed to be those of Michelle Marie Demers-Kennedy.

Last week her son, Merlin Kennedy, pleaded guilty

to manslaughter in the 58-year-old woman's death.

The Mounties say forensic investigators are at the burial site off the North Framboise Road.

Police say once the remains are excavated they will work with the provincial Medical Examiner's Office to confirm the identity.

Kennedy remains in custody and a sentencing hearing has been scheduled for June 19 in Nova Sco-

tia Supreme Court in Port Hawkesbury.

THE CANADIAN PRESS

Multiple drunk driver gets federal jail time

An East Preston man charged with impaired driving in Pictou County has been sentenced to federal jail time.

Floyd Pelley, 57, was sentenced this week in Pictou provincial court to two years and two months for driving while impaired and while pro-

hibited in relation to his arrest Aug. 24, 2014 in Kenzieville.

Crown Attorney Jody McNeill told the court to consider federal jail time for Pelley since he had six prior convictions for impaired driving and two past convictions for driving while prohibited.

At the time of his arrest, Pelley was on two separate court orders, one for 10 years and a second one for five years, both from 2010.

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Weeknights at 6 Hannah counts down the HOTTEST songs of the day.

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Somebody
- David Guetta ft. Afrojack and Nicki Minaj
Hey Mama
- Jason Derulo
Want To Want Me
- Wiz Khalifa ft. Charlie Puth
See You Again
- Flo Rida ft. Sage The Gemini
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3 HURRICANES TO REMIND YOU TO BE PREPARED

Rebecca Joseph
For Metro | Halifax

Just because the number of hurricanes predicted for our region is lower than average

in 2015, it doesn't mean you shouldn't be prepared, said Environment Canada Meteorologist Bob Robichaud.

"Even though there's a low number in the Atlantic Basin, it can still do a lot of damage."

Robichaud said during a news conference in Dartmouth on Wednesday. "It only takes one."

Last year, Nova Scotia also saw a lower number of hurricanes, but Post-Tropical Storm Arthur left many Maritimers

without power for more than a week.

That's why meteorologists with the Canadian Hurricane Centre are warning people to stay vigilant.

"During a quiet season, we

want people to not let their guard down," said Meteorologist Chris Fogarty.

The province is expected to see anywhere between three and six hurricane storms this year.

REMEMBER THESE STORMS?



METRO FILE



METRO FILE



METRO FILE

1 HURRICANE JUAN, 2003

Hurricane Juan was a Category 2 hurricane that ripped through Nova Scotia and Prince Edward Island on Sept. 29, 2003, leaving eight people dead and causing more than \$100 million in damage.

2 HURRICANE BILL, 2009

Hurricane Bill blew by Nova Scotia as a Category 1 hurricane on Aug. 24, 2009. It brought winds of up to 87 km/h to Halifax, and caused massive waves in Halifax Harbour.

3 HURRICANE SANDY, 2012

Hurricane Sandy was downgraded to a post-tropical storm by the time it made it to Halifax on Sept. 29, 2012, but caused massive amounts of damage along the coast, especially in New York.

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Plaskett explores his 'P.A.S.T.'

BACKSTAGE PASS

Park Avenue Sobriety Test a real hit for local rocker

Aly Thomson
For Metro | Halifax

You wouldn't know it at first glance, but the story of Joel Plaskett's new album is right on its cover.

During the recording of Joel Plaskett and the Park Avenue Sobriety Test, the Halifax musician took Polaroids of his musical friends and family at his studio in Dartmouth, eventually pasting the dozens of tiny rectangular photos above his record collection, on a cream-coloured wall.

Amid those candids are

photos of his wife and son, and a few familiar Plaskett relics.

"I wanted to capture the feeling of the people involved and the referential element of the record, which is referencing previous works," Plaskett said of the cover, which also involves the monkey from Scrappy Happiness and the carpet that inspired the album art for Three.

Plaskett has been traveling the country in support of the Park Avenue Sobriety Test, with the tour landing at Rebecca Cohn Auditorium

“

I feel really close to this record in the sense that I feel like it represents where I'm at in my life.

Joel Plaskett

for a sold-out show next Thursday.

Enveloped in the easy-going spirit of the Maritimes, the album is one of Plaskett's strongest endeavours yet.

The king of catchy delivers a mostly fun and light-hearted collection of songs sewn together with



Musician and producer Joel Plaskett poses during a stop in Toronto this past February.

DARREN CALABRESE/THE CANADIAN PRESS

typical Plaskett poetry, encompassing familiar phrases, sentiments of love and observations of daily life.

Songs like Credits Roll and Alright/OK are absolute knockouts, combining memorable melodies with his signature off-the-cuff realism and upbeat southern rock-inspired electric guitar riffs.

It's like you already know every song, even though you're hearing them for the first time.

Plaskett said the record folds his current outlook on life into his musical past. After all, the acronym of Park Avenue Sobriety Test is P.A.S.T.

"I feel really close to this

record in the sense that I feel like it represents where I'm at in my life," he said.

"But I think I'm touching down in some of the lyrical places I have before. There are things I write about, and that doesn't change from record to record. The things I care about are still the things I cared about when I

was younger."

But Plaskett does at times stray from his playful side, uncharacteristically delving into more serious social and political issues, like on Captains of Industry.

"The captains of industry are driving us home/Selling us lies, tapping our phone/Shaking us down and we don't even know it," Plaskett sings during the melancholic ballad.

He said there are about 20-odd people who play and sing on the new record, including local singer-songwriter Mo Kenney, who is opening for Plaskett on this tour.

Over the past month, Plaskett has played everywhere from Medicine Hat, Alta., to Kitchener, Ont., but the born-and-bred Nova Scotian said there's nothing like performing in his home province.

"To bring the tour home is going to give me a sense of accomplishment because I've been looking forward to this show and this record being out," he said.

CULTURE

Nocturne looking for your art

Nocturne: Art at Night is looking for submissions to display at the popular annual art show in October.

The free nighttime art festival shows off a wide array of Halifax's art community at many different venues all over the Halifax peninsula, and in down-

town Dartmouth.

This year's theme is "Found, Lost, Found." In a blog post, Curator Rose Zack said the submissions should explore the city's history and how it's changed.

Nocturne: Art at Night will take place on Saturday, Oct. 17.

METRO

+ DEADLINE

Submitting your work

The Centre for Art Tapes Programming Committee will accept submissions until Friday at 5 p.m.

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Cancer cases to rise 40% by 2030: Report

HEALTH

Demographics will fuel the increase, says cancer society

The annual number of new cancer diagnoses in Canada will increase by 40 per cent by 2030, the Canadian Cancer Society predicted in a report released Wednesday.

At first blush, that projection seems alarming.

But the cancer society was quick to point out that demographics will fuel the increase, not a heightened risk in developing the disease.

Most cancers are diagnosed in people who are between the ages of 50 and 79, and the massive baby boom generation is now squarely there. As well, the projected growth of Canada's population will contribute to the increase in numbers of cancer cases.

"This is about (the fact that) Canadians are living longer," said Robert Nuttall, the cancer society's assistant director for cancer control policy.

"The population is aging and it's growing. And overall this is going to add to the sheer volume of cancer patients being diagnosed in Canada. But that overall risk, that proportion of Canadians who are diagnosed, isn't going to change over this period."



A radiologist uses a checks mammograms for breast cancer on May 6, 2010 in Los Angeles. The total number of Canadians who will receive a cancer diagnosis will rise over the next 15 years, a report from the Canadian Cancer Society predicts. THE ASSOCIATED PRESS/THE CANADIAN PRESS

Neither will the risk of dying from cancer, according to the predictions. Improvements in treatments and screening programs that lead to early diagnosis of some forms of cancer have resulted in a steady decline in the percentage of cancer cases that are fatal.

Given that the projections don't anticipate a rise in individual risk, should Canadians be worried about the estimates? Dr. Eva Grunfeld, a physician scientist with the Ontario Institute for Cancer Research, said concern

should focus on whether the country's health-care systems will be ready to cope with all the additional cases.

"You as an individual, your risk might not have changed. But you want to know that ... when and if you develop cancer, you're going to be able to have access to your family doctor in order to discuss the symptoms, start to have your diagnostic work-up as quickly as possible, get your treatment and move into the survivorship phase as quickly as possible," said Grun-

feld, who was not involved in the preparation of the report.

"If we're not ready it will be a very, very problematic situation."

That is the message the cancer society is trying to get out through the release of this report, which was prepared in collaboration with the Public Health Agency of Canada and Statistics Canada.

"We need to start investing now," said Nuttall.

"Our organization has been involved in cancer control for more than 75 years now and

196,900

An estimated 196,900 of new cancer cases will be diagnosed in 2015.

78,000

The estimated number of Canadians who will die from cancer in 2015.

28%

The biggest portion of new cancer cases — 28 per cent — will be diagnosed in people aged 60 to 69, while the highest proportion of cancer deaths — a third — will be in people aged 80 and older.

what we really want to be looking at is: How do we deliver the programs and services to these people?"

The projections were part of the cancer society's annual estimates of case numbers for the year.

The report predicts that by 2030, prostate cancer will be the most commonly diagnosed cancer in Canada and the volume of annual cases will have increased by 97 per cent.

The total number of female breast cancer cases is expected to rise by 55 per cent over that 25-year period and the number of colorectal cancer patients will increase by 79 per cent. The number of lung cancer cases in 2030 will be 46 per cent higher than the 2005 figure.

THE CANADIAN PRESS

NORTHERN ALBERTA

Returning home after wildfires

Emergency officials have lifted all evacuation orders for communities threatened by wildfires in northern Alberta.

About 5,000 people who were told to leave their homes earlier this week are in the process of returning to their homes.

Scott Long with the province's Emergency Management Agency says fires near Wabasca and Slave Lake are being held.

He says residents have been advised that fire conditions could change and they may have to leave again.

The fire outlook throughout the province has been rated severe through the end of the week due to hot and dry weather.

A provincewide fire ban is still in effect, along with air quality advisories for Edmonton and areas north of the city.

As of Wednesday, there were 63 fires burning in Alberta and 13 were considered to be out of control. A blaze near Cold Lake remained out of control, threatening the only access road into some oilsands sites.

THE CANADIAN PRESS

+ BLAZE

More than 600 firefighters were working directly on the wildfires and the government was considering putting a call out for reinforcements. About 100 firefighters from Ontario and water bombers from Quebec have gone to help. THE CANADIAN PRESS

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INDONESIA PROTESTERS DEMAND END TO VIOLENCE AGAINST ROHINGYAS IN MYANMAR
Indonesian Muslim protesters burn a mannequin representing Myanmar's radical Buddhist monk Ashin Wirathu during a protest Wednesday demanding an end to the violence against ethnic Rohingyas in Rakhine State, outside the Embassy of Myanmar in Jakarta, Indonesia. In the last three years, hundreds of minority Rohingya Muslims have been killed and hundreds of thousands of others are now living under apartheid-like conditions in crowded camps or forced to flee their homes to avoid persecution in Buddhist-majority Myanmar.

ACHMAD IBRAHIM/THE ASSOCIATED PRESS

FIFA execs facing corruption probe

SOCCER

Decision to award World Cups to Russia, Qatar queried

The U.S. government launched a corruption attack on soccer's global governing body Wednesday, pulling FIFA executives out of a luxury Zurich hotel to face racketeering charges and raiding regional offices in Miami.

Swiss officials also invaded FIFA headquarters, seizing records and computers to investigate whether the decisions to award World Cups to Russia and Qatar were rigged.

Scandals and rumours of deeper corruption have dogged FIFA throughout the 17-year reign of its president, Sepp Blatter, but he was not named in either investigation. He is scheduled to stand Friday for re-election to a fifth term, and the organization said the vote would go ahead as planned, despite the

latest turmoil.

FIFA also ruled out a revote of the World Cup bids won by Russia in 2018 and Qatar in 2022.

"We welcome the actions and the investigations by the U.S. and Swiss authorities and believe that it will help to reinforce measures that FIFA has already taken to root out any wrongdoing in football," Blatter said in a statement.

The organization said it was co-operating fully with the investigation.

Authorities conducted early morning raids in Zurich at FIFA headquarters and the five-star Baur au Lac Hotel downtown in the investigations. In Miami, evidence was seized at the headquarters of CONCACAF, the governing body of North and Central America and the Caribbean, whose past and current presidents were among 14 defendants under indictment for corruption.

Swiss police arrested seven soccer officials at the request of American prosecutors and threatened them with extradition to the U.S. Four other soccer and marketing officials agreed to

66

Two generations of soccer officials ... used their positions ... to solicit bribes from sports marketers.

U.S. Attorney General Loretta E. Lynch

plead guilty.

American prosecutors said they will seek forfeiture of more than \$151 million the government alleges was illegally obtained. THE ASSOCIATED PRESS

+ BRIBES

The case involves bribes totalling more than \$100 million linked to commercial deals dating back to the 1990s for soccer tournaments in the U.S. and Latin America.

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Giant corporations mentor small rivals

CORPORATE TRENDS

Executives say they can learn from newer competitors

Imagine a world where David and Goliath are best buds. Well, it's becoming reality more frequently in the business world.

Boston Beer Co., maker of Sam Adams, mentors and lends money to small craft brewers. It hopes their sales will grow and take grocery store shelf space from brands like Budweiser, Miller and Coors.

Instead of feeling threatened and trying to crush smaller rivals that could take revenue from them, corporations like Microsoft Corp., Boston Beer and General Mills Inc. are mentoring and loaning money to smaller companies. It's an arrangement that has benefits for both sides.



Mark Hirsch, owner of Creative Worx, left, and Dan Bloom, owner of Slope, pose in the offices of Microsoft Ventures in Seattle. As part of the Ventures program, Hirsch and Bloom get work space, technical advice and feedback from Microsoft employees. THE ASSOCIATED PRESS

Executives at big corporations are starting to realize they can learn from younger and smaller competitors, according to a survey by Business Performance Innovation Net-

work, a professional networking organization. More than half the executives surveyed said large companies can learn from smaller competitors about focusing on and listening to

what customers say they need. A third said large companies can learn about being willing to fail and take non-traditional approaches from smaller rivals.

THE ASSOCIATED PRESS

FOSSIL FUEL

Divestment call falling on deaf ears in Canada

Scott Vrooman says he wants Dalhousie University and Queen's University to stop investing in fossil fuel companies — so much that he's willing to tear up his degrees from the institutions if they don't change their policies.

The writer and comedian made the promise to pressure the schools to sign on to a global movement calling for a total divestment of fossil fuels.

"If you're an institution that claims to be working in the public interest, you can't do that ... because torching the climate isn't in the public interest," said Vrooman.

The fossil fuel divestment movement, started by environmental group 350.org in November 2012, has started to gain traction abroad but so far failed to take hold in Canada.

Last fall, Dalhousie University rejected calls to divest of fossil fuels, while the University of Calgary pre-emptively said it was not looking at making changes to its investments in the energy industry.

Outside Canada, hundreds of colleges, cities, foundations and religious groups have committed to some degree of divestment of fossil fuels.

THE CANADIAN PRESS



IN BRIEF

Interest rates stay same

The Bank of Canada said Wednesday it is keeping its trendsetting interest rate locked at 0.75 per cent because inflation has been in line with projections and consumption has held up relatively well — even with the negative effects of lower oil prices.

THE CANADIAN PRESS



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ROSEMARY WESTWOOD

metroview

“People who don’t think Vancouver is boring, like boring.”

Vancouver is the bimbo of Canada. Good-looking, sporting a smile, the city makes you feel better just by looking at it. Except the more time you spend together, the more you realize no one’s home. As in, they’ve hit the mountains for the weekend.

The Economist’s travel blogger, Gulliver, recently dubbed the city (and Vienna and Geneva) “mind-numbingly boring.”

In a column bemoaning the loss of the gritty city, he calls Vancouver highly livable and, thus, highly dull, with little danger and few surprises.

That left the mayor indignant.

“It’s true that Vancouver lacks the stressful vibe of cities where guns, muggers and freeways threaten one’s daily existence,” Mayor Gregor Robertson told media, but it compensates with “deep culture, breathtaking nature and intense recreation.”

He’s likely unaware of how boring “intense recreation” sounds. And his point — hey, we have nature! — isn’t the point of a city at all.

Vancouver is where people sleep between gnarly mountain bike rides and kitesurfing. It lacks a concentration of urban wildlife — the guy with a giant pet lizard clinging to his shirt, the 24-hour gay club you notice thanks to smokers huddled by an unmarked door at 8 a.m. and then at 11 a.m.

The piano-playing bartender who’ll soon be hosting a concert in his living room.

Yes, Vancouver has the Downtown Eastside. But one very dynamic neighbourhood doesn’t make an adventurous city. Even the underground music scene was literally forced into underground parkades after bylaws (more plentiful than Lululemon pants) closed down a slew of music venues, spawning the 2010 documentary No Fun City.

Maybe it’s still young, but the city lacks soul. Even my Vancouverite brother agrees: “It’s nice, but it lacks an edge. Everyone’s like, ‘Aren’t you happy all the time? Isn’t this wicked?’ It’s like no, it’s not a wicked day. It sucks.” (He said this before heading out for an evening of “killer” sailing).

People who don’t think Vancouver is boring, like boring. Unlike Gulliver, they’re not excited by mystery. Pleasant, even bland, is good.

Vancouver is like the pretty, popular kids in high school who lack substance, my sister-in-law noted. Research has backed up this cliché: beautiful people strive for conformity and self-promotion over independence.

Sound like anyone you know, Vancouver?

It’s OK, though, because no one can have it all. You’ve got the looks (and the playtime that goes with them). Leave mystery to the rest of us.

Pensions: Inside the flip-flop

POLITICS

Chantal Hébert



In the dying days of a third mandate, federal Finance Minister Joe Oliver is about to spend the last summer before the October election consulting the provinces on a public pension reform that all governments, including his own, dismissed as unworkable five years ago.

When the idea of allowing Canadians to make supplementary voluntary contributions to the Canada Pension Plan in order to enhance their retirement benefits came up in 2010, former MP Ted Menzies was the parliamentary secretary to the minister of finance, Jim Flaherty.

Both trashed the notion. “We have ruled out ideas we collectively determined cannot work,” Menzies told the House of Commons. “The verdict was unanimous. This was not a good idea.”

“We reject a voluntary plan because that would very much disturb the work of the Canada Pension Plan, which operates on a different basis,” Flaherty explained.

What the then-finance minister had in mind was, in his own words, “a modest, phased-in increase on the mandatory side.”

Ottawa and the provinces spent the following years discussing pension reform until Flaherty summarily shut

down the talks in December 2013. By then a number of provinces were sold on increased mandatory contributions to the CPP and an attending expansion of pension benefits. Indeed, Ontario’s Liberal government had signalled that it was ready to go it alone.

If Flaherty needed a political incentive to walk away from the federal-provincial table, that Ontario commitment was it. At the time, Conservative strategists believed (wrongly) that the provincial Liberals would be clobbered at the polls if they went ahead with a supplementary Ontario pension plan.

As of the termination of the federal-provincial talks, Flaherty’s initial goal of raising the mandatory contributions became — in the words of his own government — a “job-killing, economy-de-stabilizing, pension-tax hike.” The rhetoric endures to this day.

But it was only on Tuesday that Harper’s government came full circle and embraced the voluntary plan it had argued against in the past.

The last federal budget was silent on pension reform. The net result of that omission is that when Oliver comes calling in the provincial capitals this summer, it will mainly be in his capacity as the Conservative candidate for the Toronto riding of Eglinton-Lawrence.

He will be peddling a Conservative election promise.

One of the many provincial venues where he can expect a cool reception is Queen’s Park.

The reality is that Canadians do not lack for vehicles that promote voluntary pension-building savings, but millions of them do not use them and end up not setting enough money aside for a decent retirement.

In contrast with Oliver’s scheme — which is geared to those who do save — the proposed Ontario plan addresses that fundamental issue. And, in contrast with Oliver, Premier Kathleen Wynne has secured an electoral mandate to implement it.

Still, the ruling Conservatives expect that the voluntary nature of their proposal will make it an easier sell on the campaign trail than the opposition parties’ contention that a universal increase in contributions (and benefits) is in order.

It may help fend off the perception that their last budget — with the doubling of contributions to tax-free savings accounts (TFSAs) — was crafted to benefit the more affluent few rather than the more cash-strapped majority of working Canadians.

But it also sends a different, less attractive, message about the current Conservative mindset. In order to regain momentum in voting intentions and make it back to the magic threshold of a majority victory, the government is scrambling for rabbits

Canadians do not lack for vehicles that promote voluntary pension-building savings, but millions of them do not use them and end up not setting enough money aside for a decent retirement.

— whether they are dead or alive — to pull out of its hat.

On Tuesday, the rabbit took the shape of a summer tour of the deserted provincial legislatures designed to create the appearance of action on pension reform.

On Monday, National Post columnist John Ivison reported that another GST cut is under consideration.

That too never came up in the April budget, and for good reason. There is nothing in the latest fiscal forecast presented by the Harper government that suggests it can afford the \$7-billion price tag of another GST cut anytime soon, if ever.

Increasingly it seems the Conservative party is ready to make election promises that the Conservative government knows it can’t or should not implement.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

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Dating with genital herpes

SEX INFORMATION

Two women share their struggle to find love after STI diagnosis



Thandi Fletcher
Metro | Vancouver

Amanda had just started dating again after ending her marriage when she found out she had genital herpes.

The 30-year-old from Vancouver, whose name has been changed to protect her privacy, thought she would never find love again.

"I was totally devastated," she told Metro. "I went through a grieving process and cut myself off from everyone for about a month."

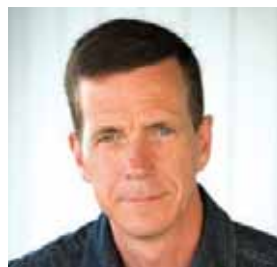
Genital herpes is a common sexually transmitted infection. According to data collected through the Canadian Health Measures Survey, as many as one in seven Canadians aged 14 to 59 may be infected by herpes simplex virus 2, one of two viruses responsible for the infection.

Compared to many other sexually transmitted infections, herpes is relatively harmless. The infection may cause painful sores, a slight fever, swollen lymph nodes and body aches, but in many cases, people don't experience any symptoms. Only in extremely rare cases can the virus result in serious infections.



The stigma is simply unjustified

Alex McKay, Sex Information and Education Council of Canada



Alex McKay, executive director of the Sex Information and Education Council of Canada, says the stigma still attached to herpes is "rooted in ignorance." CONTRIBUTED

Still, herpes has a social stigma attached to it that for many sufferers is worse than the actual infection. According to a 2006 online poll conducted by pharmaceutical company Novartis, the stigma surrounding herpes is second only to HIV.

Alex McKay, executive director of the Sex Information and Education Council of Canada, blames the stigma attached to herpes on ignorance.

"The stigma is simply unjustified," he said. "It is by and large rooted in ignorance. The vast majority of Canadians have very little, if any, understanding of ... herpes."

McKay said the percentage of the population with herpes is "huge," but most people don't know they carry the virus. While having many sexual partners does carry increased risks of acquiring any STI, herpes can spread between partners in long-term relationships just as easily, he said.

"Many of the people who may be making jokes about herpes may in fact have it themselves and they are unaware of it," said McKay. "The idea that people

who have active genital herpes infections acquired it either through promiscuous sexual behaviour is completely false."

That was the case for Melanie, 32, of Kingston, Ont., who became infected with herpes during a two-year relationship with the man she thought she would marry.

Melanie, whose name has also been changed to protect her privacy, said her ex-boyfriend told her soon after they started dating that he had herpes. Despite taking steps to prevent transmission, she also became infected.

When the relationship ended, Melanie said she now faced the daunting task of having to disclose her infection to potential

new partners. For two years, she didn't date, and when she finally did, Melanie said she felt she had to justify how she became infected.

"It has such a negative connotation with it, of being promiscuous or taking risks," she said. "That's the hard part."

Vancouver's Amanda says she tried using a dating website that caters to people with genital herpes but found the selection of potential partners to be limited.

"The most frustrating thing is that in our dating culture, it's normal to just jump into bed with people you hardly know," she said. "And sometimes I have to tell them (I have herpes) before I am ready to because of that."

After her diagnosis, Amanda said she felt she had little in the way of support due to the stigma.

She reached out to friends and family but said she felt people didn't really understand what she was going through. Others "weren't all that sympathetic," she said. Even her doctor brushed off her request for advice, telling her to look on the Internet for information.

Frustrated, Amanda said it wasn't until she found a local support group that she finally realized it would be possible to date again.

Amanda said she hopes sharing her story can help inform more people about herpes and help break down the stigma.

"Herpes itself is such an insignificant illness," she said, "but it causes so much pain because of all of the social barriers caused by it."

Disclaimer: Although both women interviewed for this feature agreed the stigma surrounding herpes should be broken down, both requested to be quoted as anonymous sources as they feared for the repercussions of speaking publicly about their infections.

+ VIRUS FACTS

What is herpes and how common is it?

Herpes is an infection caused by the herpes simplex virus, or HSV.

There are two types of HSV that cause infections. HSV-1 generally causes oral herpes, commonly known as cold sores, while HSV-2 causes genital herpes.

However, there is mixing between the two, with HSV-2 causing oral herpes and HSV-1 causing genital herpes, said Dr. Jason Wong, physician epidemiologist at the B.C. Centre for Disease Control.



Condom use reduces but does not eliminate the risk of infection. ISTOCK

Although condom use reduces the risk of contracting the virus, which spreads through skin-to-skin contact even when sores aren't present, it does not eliminate the risk of infection.

When someone becomes infected, Wong said the virus lives in the nerves where it stays dormant most of the time.

Occasionally, the virus becomes active — usually triggered by stress — and travels to the surface of the skin where it reproduces itself, Wong said.

That can result in a painful sore on the skin, he said, but sometimes a person does not have any symptoms. That makes it difficult to estimate the prevalence of herpes infection, he said.

According to data collected as part of the 2009 to 2011 Canadian Health Measures Survey, 13.6 per cent — or one in seven — Canadians aged 14 to 59 have antibodies against HSV-2. Still, 94 per cent of those who tested positive were unaware of their status.



Eggs won't harm your health via cholesterol, according to a recent dietary report from the U.S. ASA DAHLGREN/TORSTAR

Eggs, bacon not so bad after all

DIETARY GUIDELINES

It's sunny side up for eggs when it comes to cholesterol

NUTRI-BITES

Theresa Albert

myfriendinfood.com



Yippee! You can eat eggs again!

Until now it's been "common knowledge" that eating eggs and other foods containing saturated fat would raise your cholesterol levels. But a storm has been brewing for years as evidence to the contrary emerged.

Now, this year's dietary guidelines published by the U.S. government are set to reverse the long-held recommendations regarding high-cholesterol foods, which asked people to limit their intake to 300 mg/day. That's

because according to a recent report from the Dietary Guidelines Advisory Committee, evidence shows there is no relationship between consumption of dietary cholesterol and blood cholesterol.

Here's the lowdown:

- Your liver manages the cholesterol in your body.
- Cholesterol is a necessary substance in the formation of cells and the management of hormones.

- Your liver decides how much you need and whips up more or less as necessary.

- Only 20 per cent of your cholesterol level is affected by dietary changes.

So what does this mean for your burger, bacon and eggs, baby back ribs lovin' self?

- You can enjoy eggs and the occasional high-saturated fat food without fearing it will harm your heart via cholesterol.

- You still can't indulge in BBQ every day as there are other downsides to cooked meat

Cholesterol is not a nutrient of concern for overconsumption

Scientific Report of the 2015 Dietary Guidelines Advisory Committee

- The calories and sugar in a rib dinner will still get you in the end (or the on the love handles)
- Butter is better than margarine.

- Sugar is now and always was the real enemy. It will contribute to poor cholesterol.

If you are currently on cholesterol lowering medication, talk to your doctor. But know that changing your diet won't cure your cholesterol.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food.

LACK OF PATS

Japan can't supply butter to meet domestic demand

Japan was bracing this week for a severe butter shortage that threatened to crimp cake-making nationwide, bringing echoes of last year's dairy dire straits that left supermarket shelves empty.

The Japan Dairy Association is warning that demand for pats will outstrip supply by more than 7,000 tonnes, prompting the government to ready emergency imports.

At the root of the problem is a wider dairy deficit that sees farmers prioritizing the raw material for sales of liquid milk.

Herds have been cut over recent decades as demand has dropped with an aging Japanese population. AFP



Butter is in short supply in Japan. ISTOCK

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A petition has been submitted to NXNE to pull the Action Bronson show scheduled for June 21. ALL PHOTOS GETTY IMAGES

Rapper says T.O. has 'panties in a bunch'

ACTION BRONSON

Festival backs show despite 'misogynistic' lyrics



Jessica Smith Cross
Metro | Toronto

The organizers of Toronto's North by Northeast (NXNE) festival are standing by their decision to offer a free public hip-hop show featuring Action Bronson — despite a petition asking them to pull the show over a song the rapper says "glorifies gang-raping women."

The petition accuses him of "violent misogyny" and calls the lyrics of his song Consensual Rape "hate speech."

The section of the song cited in the petition begins,

"Then dig your shorty out cuz I geeked her up on molly," and goes on to explicitly describe a group sexual encounter, ending with, "stuff her lunchbox & burn her with the candle."

Action Bronson responded on the controversy, tweeting that Torontonians "have their panties in a bunch" and the song that the petition objects to is a five-year-old "lost track" that he has never performed. "Don't single me out," he tweeted.

Action Bronson is set to perform on June 21 in a public square at a free show. NXNE released a

statement defending the show, and artists' rights "to express their views through music." It invited anyone who is offended to go see a different show.

"NXNE will also present a number of rap artists at various venues, such as Tink and Kate Tempest, who have been lauded for the undisguised feminist viewpoints in their music," said Sara Peel, Managing Director of NXNE, in the statement. As of Wednesday afternoon, the petition against Action Bronson had more than 1,600 signatures.

COMIC-CON

Fey and Poehler action figures? Sure!



Ned Ehrbar

This might be a good time to point out that my birthday is coming up soon.

Toy company Bif Bang Pow! has unveiled its 2015 Comic-Con exclusive, and it is quite awesome. The company has made action figures out of Tina Fey and Amy Poehler and given them a Saturday Night Live Week-

end Update play set. The only downside? The company only made 2,400 of the sets, and they're available for pre-order so I don't foresee that many still being available by July.



RELATIONSHIPS

Taylor's pals not keen on Calvin



Calvin Harris. GETTY IMAGES

Taylor Swift seems to be having a fantastic time dating EDM star Calvin Harris, but her pals apparently aren't too thrilled and want her to kick his Scottish bum to the curb.

"Calvin's putting on a front now," a pal reveals. "He used to date a bunch of club girls who were nothing like Taylor. If they ever came forward, it would hurt Taylor's brand," a source tells Life & Style.

But Swift doesn't seem too concerned with her friends' concerns. "They are getting very serious, very fast," the source adds. "Taylor has already introduced Calvin to her parents."

NED EHRBAR/
METRO

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What they're asking

The modern suburban home is made for those who relish the luxury of open space, manicured lawns and quiet, safe streets conducive to raising a family. Metro looks at detached, newer, resale houses in subdivisions outside of town. **Duncan McAllister** FOR METRO



\$979,000

Halifax

Here's an example of a spacious, custom home, at 4 Peace Ct., in the sought-after Fairmount subdivision. Built in 2007, it has five bedrooms and five bathrooms. Boasting 5,300 sq. ft. of living space, the house features numerous upgrades and special touches, such as vaulted ceilings, crown mouldings and Brazilian Jotoba hardwood floors. Large windows fill the living and dining rooms with light. The family room features a propane fireplace and garden doors lead to a back patio. Upstairs, the master bedroom has a private balcony, and a large ensuite. Listing agent is Russ Manderville from Keller Williams Select Realty, 902-229-0650.



\$539,900

Ottawa

This four-bedroom home in Morgan's Grant, north of the Kanata North Business Park, is on one of the area's finest crescents of large homes. The house features spacious principal rooms, a striking foyer, two family rooms, plus an open, finished recreation room. There's cherry flooring on the main floor, marble in the powder room, foyer and laundry, and imported Italian tile in the kitchen. There's also a fenced backyard. Listing agent Geoff McGowan is a sales representative with Re/Max Affiliates Realty, 613-216-1755.



\$1,179,900

Calgary

Aspen Woods is one of Calgary's most desirable suburbs in the southwest, and Looma Homes built this detached home in the area in 2014. It's a two-storey walkout featuring views to the south, with 3,142 sq. ft. of living space. The main floor is open and bright, with a den and a large, formal dining area. The upper level has three bedrooms, and a bonus room that could easily be converted into a fourth bedroom. Tim Lind is a sales representative for Re/Max Real Estate (Mountain View), 403-333-0837.



\$898,000

Vancouver

For sale is a two-storey, wood-frame house in the suburb of New Westminister, near Vancouver. The five-year-old, custom-built home sits on the largest lot on the block. There are three bedrooms upstairs and one bedroom downstairs, with the kitchen and family room overlooking the living area. There's an approved, two-bedroom rental suite with monthly income. There's also back-lane access with a detached double garage. The listing agent is Lance Hughes with Re/Max Progroup Realty, 604-943-8080.



\$439,900

Winnipeg

Here's an example of a three-bedroom, four-bathroom home in the Sage Creek community in southeast Winnipeg. This is a custom-built Broadview home that has an attached garage. The upstairs of the house features a large loft family room area, and French doors that open onto the master bedroom. What's more, the property has a professionally landscaped backyard with a garden shed and fire pit. Listing agent is Darryl Walsh, a sales representative with Royal LePage Dynamic Real Estate, 204-297-0860.



\$447,000

Edmonton

Here's a bright, two-storey home in the Seccord suburb of Edmonton, with an open-style floor plan and modern finishes. There are three bedrooms, two and a half bathrooms, a finished basement and a double attached garage. The great room offers hardwood floors with a fireplace. The chef's kitchen has a large island with an eating bar, granite counters and lots of cabinetry. The backyard is landscaped and has a large deck. Bill Bhamra is a sales representative with Liv Real Estate, 780-707-2673.



SHUTTERSTOCK PHOTOS

BACK IN THE SWING

Golfers eager to hit the fairways after a long winter

Jennifer Taplin
For Metro

After a late start thanks to an epic winter, the golf season is just starting to blossom.

"We've had a rather rough start," said David Campbell, executive director of the Nova Scotia Golf Association. "Most of our courses right across Nova Scotia are about four to five weeks behind schedule with their openings."

But most — between 60 to 70 per cent — of the courses are open and golfers are eager to hit the links.

Meredith Shaw, co-owner of Golf Central, said customers are raring to go golfing.

"They can't wait to get out and play," she said.

Halifax is finally seeing some sunny weather and beginners are ready to try out their swing.

Shaw's advice is to have fun and not worry about being perfect off the first tee.

"Don't over-analyze it," she said. "Golf is supposed to be fun."

Some courses are trickier than others for beginners, Shaw said, but most layouts in Halifax are beginner friendly.

+ BUY OR RENT?

A common question for beginners is whether to buy or rent golf clubs. David Campbell, executive director of the Nova Scotia Golf Association, said it depends on the goals and aspirations of the golfer. If you are looking at playing long term, then buying is the right choice, he said.

"But if you're giving it a test, you're probably best off just to rent for the time being until you're ready and you can find the clubs that fit you the best."

There are also groups for beginners like Metro Ladies Golf Inc., which is a paid membership, women-only group with the intention of taking the intimidation out of golf. The group holds special events and golf games for their members.

Also, beginners shouldn't worry about their score, Shaw said.

"Just get out and play."

Campbell's advice is the same. He said too often beginner golfers are intimidated by the sport, when, really, it should be a lot of fun.

He said when starting off, it's best to sign up for a clinic or some lessons.

"Find a good professional in your area and take a few lessons just to get the fundamentals down and ask questions."

Golf is a great sport to try because it's outdoors and great exercise, Campbell said. Every round of golf equals seven or eight kilometres of walking, plus there is a lot of camaraderie when you are playing with friends.

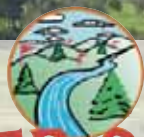
"It's a fun sport that I say can be played from the cradle to the grave, from seven or eight years old to 100 years old," Campbell said. "As long as you can swing a golf club, you can still play."

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Links to a healthier you

FITNESS

Low-intensity workout and a walk in nature has its benefits

Catherine Roberts
For Metro

Tiger Woods may have made it fashionable for the current crop of PGA Tour pros to hit the gym or to bring their personal trainers on the road, but long before Woods, older pros like Gary Player, the three-time Masters champion from South Africa, have been urging people to enjoy the great health benefits of golf.

"Golfers playing an 18-hole course can burn around 2,300 calories by walking and carrying their bag," says Stuart Kidon, the golf professional at Jasper Park Lodge Golf Course in Alberta.

With a round of golf you are getting a good walk and a low-intensity exercise that gets the heart pumping, not to mention increased flexibility, improved core strength, and stronger bicep and tricep muscles.

Yet, for many like Jason Porter, the director of golf and the head PGA professional at the Algonquin Resort in New Brunswick, one of the biggest health benefits of playing golf is that it can reduce stress.

"Being in the wilderness or near a seaside, where you can be with friends who share your love of the game is a great way



Golfers playing an 18-hole course can burn about 2,300 calories by walking and carrying their bags. SHUTTERSTOCK

“

Golfers playing an 18-hole course can burn around 2,300 calories by walking and carrying their bag

Stuart Kidon, golf professional at Jasper Park Lodge Golf Course in Alberta

to forget your troubles," says Porter, who has been a PGA golf pro for 24 years.

To reduce the risk of injury, warm up 10 to 15 minutes before your round, including stretching the shoulders, back, hips, and calves.

And when stopping after nine holes, Porter suggests ditching pop and high-fat foods in favour of fruits, such as a banana, or a granola bar to keep your energy up.



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'Hawks going back to Cali

NHL PLAYOFFS
Chicago pushes Anaheim to limit in Western final

Duncan Keith had three assists and saved a goal in the third period, and the Chicago Blackhawks beat the Anaheim Ducks 5-2 on Wednesday night to force a Game 7 in the Western Conference final.

Brandon Saad, Marian Hossa and Patrick Kane scored in the second to help the Blackhawks hand the Ducks their first regulation loss of the playoffs. Andrew Shaw had two goals in the third, and Corey Crawford finished with 30 saves.

The Blackhawks improved to 31-0 when leading after two periods and erased some of the sting from Monday night's 5-4 overtime loss.

Patrick Maroon and Clayton Stoner scored for the Ducks, and Frederik Andersen made 18 saves.

Anaheim caught a break when Jakob Silfverberg brushed up against Crawford's glove on Stoner's first goal of the playoffs at 1:57 of the third, trimming Chicago's lead to 3-2. There was no call on the play and Crawford threw up his hands in exasperation after Stoner's big slap shot went into the net.

But Crawford quickly put the play behind him, hanging tough while the Ducks made

GAME 6 In Chicago

5

2




a frantic push for the tying goal. He got some help from Keith when the two-time Norris Trophy winner swept a shot away from the goal line about 3 1/2 minutes into the period.

Shaw finally got the Blackhawks some breathing room when he beat Andersen with a nifty backhand high into the net with 3:32 left. Andrew Desjardins made a nice hustle play to get the puck over to Shaw for his third playoff goal.

Shaw then added an empty-netter in the final minute as Chicago improved to 7-1 at home in the playoffs.

The Blackhawks' biggest stars stepped up during a key stretch in the second, led by another terrific all-around performance for Keith. Shaking off the Ducks' plan to wear down Chicago's top four defencemen, Keith had his fourth multipoint game of the playoffs.

Chicago will have a chance to put last year's Game 7 loss in the West final against the Kings to bed on Friday night in Anaheim.

THE ASSOCIATED PRESS



The Blackhawks celebrate Brandon Saad's second-period goal on Ducks goalie Frederik Andersen on Wednesday night in Chicago. TASOS KATOPODIS/GETTY IMAGES

WORLD CUP

Officials say tournament won't be tarnished

The FIFA corruption scandal won't tarnish the Women's World Cup, say the Canadian Soccer Association and Canada's sports minister.

Swiss prosecutors opened criminal proceedings into FIFA's awarding of the 2018 and 2022 World Cups Wednesday.

News of the criminal investigation comes 10 days before the Women's World Cup kicks off. The 24-team tournament runs though July 5 in Edmonton, Vancouver, Winnipeg, Ottawa, Montreal and Moncton.

The CSA, which doubles as the World Cup's national organizer, said in a statement that it was "extremely disappointed by today's developments and welcome and support all efforts to eliminate this type of behaviour in the sport."

The CSA said it would make no further comment.

Federal Sports Minister Bal Gosal, meanwhile, said he's confident that Canadian soccer authorities won't be pulled into the criminal investigations into FIFA executives and that the World Cup will be a success.

Gosal called the allegations terrible, but an internal matter for FIFA's executive.



Bal Gosal
GETTY IMAGES



NBA PLAYOFFS WARRIORS DEFUSE ROCKETS Rockets guard James Harden, left, and centre Clint Capela try to get to a loose ball over the Warriors' Festus Ezeli during Game 5 of the Western Conference final in Oakland, Wednesday. With a 104-90 win, the Warriors captured the Western Conference title and advanced to the NBA Finals, where they will take on the Cavaliers. BEN MARGOT/THE ASSOCIATED PRESS

IN BRIEF

ChiSox beat Jays in extras

Adam LaRoche drove in Jose Abreu with the go-ahead run in the 10th inning as the Chicago White Sox defeated the Toronto Blue Jays 5-3 on Wednesday at Rogers Centre.

Abreu led off the 10th with a triple after Josh Donaldson extended the game with a solo homer an inning earlier. Pinch-runner Emilio Bonifacio tacked on an insurance run when he scored on a Gordon Beckham double.

THE CANADIAN PRESS

Manning back under centre with new coach

Denver Broncos QB Peyton Manning is getting used to being under centre again as he adapts to coach Gary Kubiak's run-oriented, play-action offence with all its rollouts, handoffs and mobile pockets.

Kubiak said Manning, who has been much more comfortable operating from the shotgun late in his career, has "been very responsive and he's working extremely hard."

THE ASSOCIATED PRESS

MEMORIAL CUP

Oceanic keep CHL title hopes alive

Michael Joly had a goal and three assists as the Rimouski Oceanic chased goalie Zach Fucale and downed the host Quebec Remparts 4-0 on Wednesday to stave off elimination and force a tiebreaker game at the Memorial Cup.

While Philippe Desrosiers made 27 saves for the shutout, Fucale was pulled in favour of Callum Booth at 12:40 of the second period after Alexis Loiseau made it 4-0 on Rimouski's 25th shot. Booth made 17 saves.

The result put the Kelowna Rockets into the semifinal on Friday because they had the best goal percentage among three teams who finished the round robin with 1-2 records.

The Oceanic (1-2) and Remparts (1-2) will play a tiebreaker game Thursday night to decide the second semifinalist. The Oshawa Generals (3-0) earned direct entry into the final on Sunday.

Rimouski has won its last six games at the Pepsi Colisee.

THE CANADIAN PRESS

RECIPE Sliced Chicken with Mango Guacamole



EAT LIGHT AT HOME

Rose Reisman
rosereisman.com

@rosereisman

Ready in

Prep time: 10 minutes
Cook time: 10 minutes

Ingredients

- 6 single boneless chicken breasts
- 1 cup mashed ripe avocado (1 large or two small)
- 3 Tbsp chopped cilantro
- 2 Tbsp reduced-fat mayonnaise
- 2 tsp finely chopped jalapeño pepper (or 1 tsp hot chili sauce)
- 1 tsp finely chopped garlic
- 4 tsp lemon or lime juice
- Salt and pepper
- 1/2 cup diced ripe mango
- 1/2 cup finely diced red bell pepper

Directions

1. Grill the chicken breasts, just until cooked or temperature reaches 160 F, approximately 10 minutes. Keep covered while preparing guacamole.
2. For guacamole, combine avocado, cilantro, mayonnaise, jalapeño, garlic, lemon juice and salt and pepper in a small bowl.
3. Slice each chicken breast on an angle, set on a serving plate, add guacamole down the centre and garnish with mango and red pepper.

Nutrition per serving (recipe serves 6)

- Calories 162
- Protein 26.4 g
- Carbohydrates 1.8 g
- Total fat 5 g

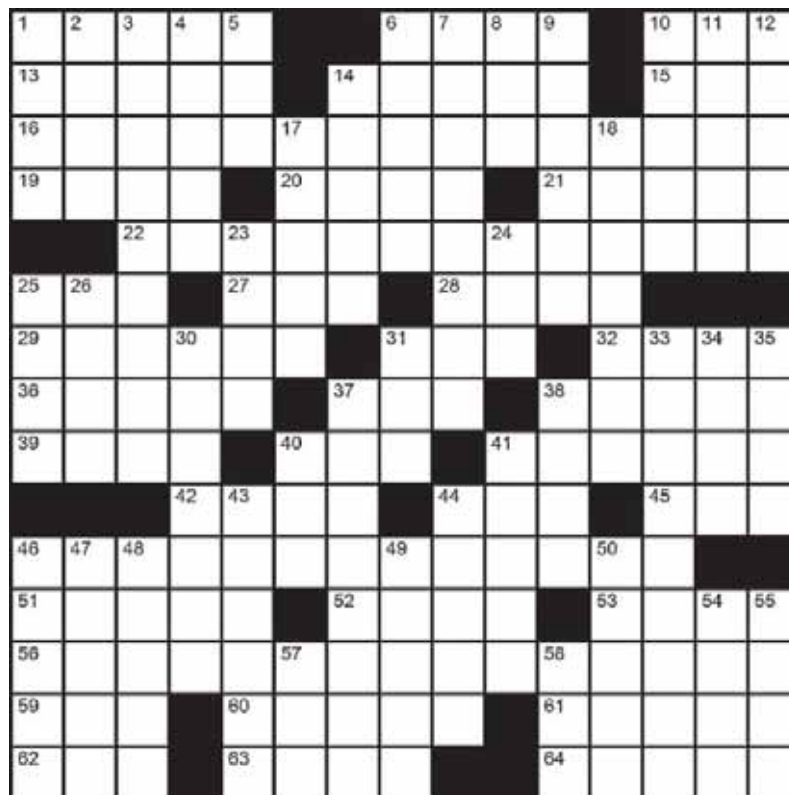
PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Actress Cheryl, and surnamesakes
6. Seaport of Yemen
10. Musician's trophy, e.g.
13. Self-mover's rental
14. GNR hit: "Sweet Child ' ' "
15. 13th Greek letters
16. Place for shoppers to hunt for deals: 2 wds.
19. Aleutian island
20. Woodworking wedge
21. "Sugar is sweet and _ _ you."
22. "The Littlest Hobo" theme song: 2 wds.
25. Leandro's beloved
27. Grad-to-be, briefly
28. Faux pas
29. Map's travel lines
31. Medicine watchdog in The States [acronym]
32. Agnus _ (Mass prayers)
36. Lay to rest
37. Headshakes
38. Bandleader Mr. Goodman
39. Madeline of comedies
40. Atop, in poetry
41. Steve of "The Office"
42. Unfeeling
44. "The Fresh Prince of _Air"
45. 'Headache' in French, _ de tete
46. Moncton is Canada's first official



one: 2 wds.

51. Broker
52. CCR tune
53. "Assuming that's true...": 2 wds.
56. Alberta/Montana: _ _ International Peace Park
59. Nero's 56
60. Desert visions

61. Canadian band, The _ MacNeils
62. Arrange
63. " _ _ I say, not..."
64. Beer mug

DOWN

1. Montreal-born songstress
2. At the drop of

3. Locale on Halifax Harbour
4. French explorer in Canada, Pierre _ _ de Monts
5. Patty Hearst's kidnappers [acronym]
6. Scope
7. Charli XCX's current

8. Nav. rank
9. Hollywood's Liam (Brunei's capital)
10. Approaching, archaically
11. Canadian writer Alice
12. In _ _ (Upset)
14. " _ _ Majesty's Se-

- cret Service (1969)"
17. Paperback numbers
18. Record producer, Giorgio _ (Trivial! He produced most of Donna Summer's hits)
23. Flanders river
24. Onetime bird
25. Mr. Estrada
26. Minister of Health Ms. Ambrose
30. Start of a count-down...: 2 wds.
31. 'F' in FWIW
33. Shots from the other side: 2 wds.
34. "To Live and Die _ _ _" (1985)
35. Word segment [abbr.]
37. Strix _ (Great Gray Owl, fancy-style)
38. "Road to _" (1952)
40. Texter's "No! Way!"
41. Mr. B. DeMille
43. Pathless
44. Skyline components, for short
46. Waits
47. " _ _ already." (Reply to a donation request)
48. Rolling Stones album: " _ _ Bleed"
49. Top-notch
50. Certain CFL-er, curtly
54. Bandar _ Begawan (Brunei's capital)
55. Port city of Algeria
57. Universal principle
58. Stomach muscles, commonly

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
A change in your social or professional standing is likely, but will it be a change for the better or a change for the worse? If you are offered something new but slightly scary ... go for it!

Taurus April 21 - May 21
You can turn a minor success into a major triumph today, simply by letting others help you complete what you started. Don't let pride of creation or ownership stop you from sharing your good ideas.

Gemini May 22 - June 21
Don't waste time worrying about something that is about as likely to happen as the Sun rising in the west. The planets warn you are wasting time and energy fretting.

Cancer June 22 - July 23
Try not to criticize a colleague for what goes wrong today, even if it is clearly their fault. Most likely they will feel even worse about it than you do, so let them know you don't blame them.

Leo July 24 - Aug. 23
Something you are working on may look complicated but actually it is really quite simple. Talk to someone who knows what they are doing in this area and before long you will be as big an expert as they are, maybe bigger.

Virgo Aug. 24 - Sept. 23
It never hurts to be careful but there is a fine line between caution and outright mistrust and if you cross that line today you may regret it.

Libra Sept. 24 - Oct. 23
You may be tempted to tackle ten things at once today so that you can begin to get on top of your workload again. Set yourself a sensible schedule and tackle just one thing at a time.

Scorpio Oct. 24 - Nov. 22
A colleague may tell you that a job has to be done a certain way but if your instincts tell you otherwise then trust yourself and do it your way. What's the worst that can happen?

Sagittarius Nov. 23 - Dec. 21
Don't commit yourself to anything too strenuous today. Save your energy — physical, mental and emotional — for tomorrow and over the weekend when difficult tasks will be easier to handle.

Capricorn Dec. 22 - Jan. 20
You may have to do something you don't particularly enjoy today but if you knuckle down and get on with it you should finish in good time. More importantly, of course, you must make a good job of it.

Aquarius Jan. 21 - Feb. 19
No matter what interesting events you have lined up for the day you will have to postpone at least one of them so you can help a friend or family member who desperately needs your assistance.

Pisces Feb. 20 - March 20
Don't try to hide your feelings today because others will see right through you. Being such a sensitive soul you are rarely able to disguise your true emotions.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



Difficulty Level ★

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